



2004-2005 SCHOOL NUTRITION EDUCATION PROGRAM



NUTRITION POLICY AND EDUCATION
MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES



Missouri Department of Health and Senior Services

P.O. Box 570, Jefferson City, MO 65102-0570 Phone: 573-751-6400 FAX: 573-751-6010
RELAY MISSOURI for Hearing and Speech Impaired 1-800-735-2966 VOICE 1-800-735-2466

Richard C. Dunn
Director



Bob Holden
Governor

Dear Missouri Educator,

Thank you for your interest in providing nutrition education for Missouri's children. This curriculum is made available through the School Nutrition Education Program within the Nutrition Policy and Education Unit (NPE), Division of Community Health, Department of Health and Senior Services. The program's goal is to assist you in improving nutrition-related behaviors of Missouri students through evaluated curriculum.

All curricula offered have been evaluated by a Registered Dietitian and are aligned with Missouri Show-Me Standards. The curricula also meet knowledge and content standards required in other subject areas. This curriculum is available to you at no cost but requires a commitment from you to complete the surveys necessary in evaluating the program. Some limitations to receiving the curriculum are outlined on the order form.

Completion of curriculum evaluation pre- and post-surveys for all curricula requested is required. In addition, any student surveys required by the curriculum must also be completed. If a curriculum is used with more than 100 students and a student survey is required, contact NPE to discuss data collection alternatives. To receive the curriculum, fill out an order form and pre-survey prior to receiving the curriculum, then mail, fax or e-mail the order. When the order is filled, Missouri Show-Me Standards will be provided for each curriculum selected (allow 4-6 weeks for delivery). After the curriculum is completed, evaluate the effectiveness of the curriculum through the post-survey, conduct the student post-surveys, if required, and then mail the post-surveys back to NPE.

In order to continue offering curriculum through the School Nutrition Education Program at no charge to Missouri educators, it is necessary that the program be evaluated to determine the benefits. Your cooperation in returning the post-survey following the completion of the nutrition curriculum is appreciated and is vital to the continuation and success of the program.

Thank you for your role in providing quality nutrition education in Missouri schools. For assistance or to ask questions related to the School Nutrition Education Program, call 573/751-6183, fax 573/522-3244, or e-mail arnir@dhss.mo.gov.

Cordially,

Rita Arni, R.D., L.D.
Child Nutrition Program Manager

www.dhss.state.mo.us

The Missouri Department of Health and Senior services protects and promotes quality of life and health for all Missourians by developing and implementing programs and systems that provide: information and education, effective regulation and oversight, quality services, and surveillance of diseases and conditions.

AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER: Services provided on a nondiscriminatory basis.



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
NUTRITION POLICY AND EDUCATION

CURRICULUM REQUEST FORM - 2004-2005 SCHOOL YEAR

STATE USE ONLY

PLEASE PRINT CLEARLY

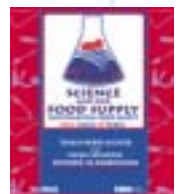
NAME		TITLE	
NAME OF SCHOOL/AGENCY			
SCHOOL DISTRICT			
STREET ADDRESS			
CITY	STATE	ZIP	COUNTY
DELIVERY ADDRESS	PHONE	E-MAIL ADDRESS	

CURRICULUM SELECTION

Selection	Grade Level	Item
	Pre-K	Nibbles For Health
	Pre-K	Tickle Your Appetite
	Kindergarten	Food and Me
	1-2	Food Time
	3	Hearty Heart & Friends
	3-5	Food Works
	4	Go For Health 4: Taking Off
	4-5	Eat Well and Keep Moving (student surveys required)
	4-6	Healthy Body Image: Teaching Kids To Eat And Love Their Bodies Too!
	5	Go For Health 5: Breaking Through Barriers
	5-7	The Power of Choice
	6-8	Planet Health
	7-8	YourSELF (student surveys required)
	5-12	Science and Our Food Supply
	8-12	SyberShop

ADDITIONAL INFORMATION NEEDED IF ORDERING "Science and Our Food Supply"

Type of School: <input type="checkbox"/> Public <input type="checkbox"/> Private <input type="checkbox"/> Parochial	<input type="checkbox"/> Urban <input type="checkbox"/> Suburban <input type="checkbox"/> Rural	Grades You Teach: <input type="checkbox"/> Middle Level <input type="checkbox"/> High School
Number of Students in your Science Class: _____		
Your School's Total Enrollment: _____		
Number of Teachers with Whom you will Share this Program: _____ Fax Number: _____		
Subjects You Teach: _____		



ADDITIONAL INFORMATION NEEDED IF ORDERING "The Power of Choice"

Please indicate in which USDA Child Nutrition Program you participate:

- | | |
|--|--|
| <input type="checkbox"/> National School Lunch Program | <input type="checkbox"/> Child and Adult Care Food Program |
| <input type="checkbox"/> Summer Food Service Program | <input type="checkbox"/> Afterschool Snacks Program |
| <input type="checkbox"/> None | |

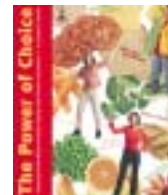
Please identify where you will be using **The Power of Choice** with adolescents:

Type of Program: _____

Type of Location:

- | | | | |
|--|---------------------------------|----------------------------------|---|
| <input type="checkbox"/> Recreation Center | <input type="checkbox"/> School | <input type="checkbox"/> Library | <input type="checkbox"/> Community Center |
| <input type="checkbox"/> Other _____ | | | |

Grades (5-7): _____ Total Enrollment: _____

**COMMENTS****GUIDELINES FOR REQUESTING CURRICULUM**

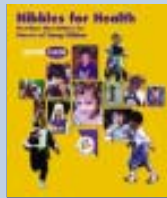
Curriculum is available for Missouri educators through the School Nutrition Education Program, funded in part through various federal and state funding sources. Program accountability requires that curriculum be distributed according to the following guidelines:

1. Missouri educators may receive curriculum at no charge. *(Non-Missouri requests will not be accepted)*
2. A limit of one of each curriculum per school will be supplied.
3. Educators will be required to complete a pre-survey prior to receiving free curriculum and a post-survey at the end of the school year in which the free curriculum was supplied. The pre- and post-surveys will take approximately 15 minutes each to complete.
4. Student surveys are required for some curricula as indicated on the order form and must also be received by the state prior to curriculum being mailed to the school.
5. Curriculum will be mailed only if all required tracking information is provided. Double check the curriculum request form to see that all information is complete.

RETURN FORM TO

Missouri Department of Health and Senior Services, Nutrition Policy and Education, P. O. Box 570, Jefferson City, MO 65102-0570

CURRICULUM DESCRIPTION

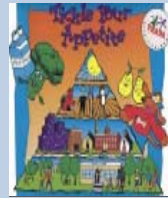


Pre-Kindergarten Nibbles For Health¹

Developed by
Team Nutrition

This kit offers child care center staff guidance on conducting discussions with parents in three "sharing sessions" and accompanying posters. Also contained in the kit are reproducible newsletters that staff can provide to parents that address many of the challenges parents face.

Contains: Leader's guide ✱ 41 parent newsletters ✱ 3 posters

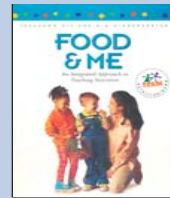


Pre-Kindergarten Tickle Your Appetite¹

Developed by
Team Nutrition

Education kit communicates to preschoolers messages of eating a variety of foods and making food choices for a healthy diet.

Contains: 17-minute Video ✱ Activities ✱ Audio tape ✱ Reproducible materials



Kindergarten Food and Me²

Developed by
Scholastic Inc. and
USDA's Team Nutrition

Includes 8 lessons that will assist in teaching the basics of healthy eating. Lessons engage children and reinforce the message beyond the classroom into childrens' homes.

Contains: Teacher's guide ✱ Resource materials ✱ 30 student magazines ✱ Family newsletter ✱ Reproducible worksheets



1st-2nd Grade Food Time²

Developed by
Scholastic Inc. and
USDA's Team Nutrition

Includes 8 lessons that will help teach students the basics of healthy eating in a way that engages students and takes the message beyond the classroom to the school cafeteria and into student's homes.

Contains: Teacher's guide ✱ Student reproducibles ✱ Student magazines ✱ Family newsletter ✱ Parent reproducibles ✱ Video ✱ Posters ✱ Spanish version of student magazine and family newsletter

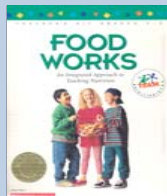


3rd Grade Hearty Heart & Friends³

Developed by
Minnesota Heart Health Program

Cartoon characters set the stage for students to understand that heart healthy eating and physical activity are the keys to a healthy lifestyle. Each of the 15 sessions is approximately 40 minutes in length.

Contains: 15 lesson plans ✱ Video ✱ Take home activities ✱ Student workbook



3rd-5th Grade Food Works²

Developed by
Scholastic Inc. and
USDA's Team Nutrition

Includes 8 lessons that will help teach students the basics of healthy eating in a way that engages students and takes the message beyond the classroom to the school cafeteria and into students' homes.

Contains: Teacher's guide ✱ Family newsletter (set of 30) ✱ Student reproducible worksheet ✱ 2 posters ✱ Video



4th Grade Go For Health 4: Taking Off³

Developed by
Minnesota Heart Health Program

The character of Tellstar, a reporter from Planet Strongheart, teaches students to consume foods lower in fat and sodium. Students are also encouraged to be physically active and learn to make healthier choices. Each of the 24 sessions is approximately 45 minutes in length.

Contains: 24 lesson plans ✱ Family activity booklets ✱ Student workbook

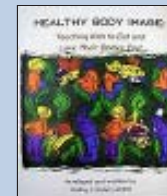


4th-5th Grade Eat Well and Keep Moving⁴

Developed by
a team at
Harvard School of Public Health

An interdisciplinary nutrition and physical activity curriculum aimed at building lifelong healthy habits. Unlike traditional health curriculum, this curriculum encompasses all aspects of the learning environment: the classroom, the cafeteria, the gymnasium to the school hallways, the home and even community centers.

Contains: 44 lesson plans ✱ Reproducibles ✱ CD that contains how-to's for promoting the program in your community ✱ School-wide campaign



4th-6th Grade Healthy Body Image: Teaching Kids To Eat And Love Their Bodies Too!⁵

Developed by
Kathy J. Kater, LICSW

Uses age-appropriate prevention principles to teach prepubescent children to develop an identity based on inner strengths rather than appearance; become aware of the dangers of dieting; and resist unhealthy cultural pressures regarding weight and dieting. Lessons fit into existing science, social studies, history, literature, family life and consumer science, and health classes.

Contains: 11 lesson plans ✱ Teacher preparation notes ✱ Home education slips ✱ Reference and resource lists



5th Grade Go For Health 5: Breaking Through Barriers³

Developed by
Minnesota Heart Health Program

Contains 16 sessions focused on nutrition and physical activity. Each session is approximately 50 minutes in length. Introduces the need for variety in dietary patterns, the Food Guide Pyramid and problem solving around barriers to a healthy lifestyle.

Contains: 16 lesson plans ✱ Student workbook



5th-7th Grade The Power of Choice¹

Developed by
HHS' Food and Drug
Administration and USDA's Food and
Nutrition Service

A Leader's Guide for after-school activities designed to build adolescent decision-making skills that promote healthier eating and activity choices in real-life settings. The key goal is to empower preteens to make smarter choices that lead to improving weight management or being less sedentary.

Contains: 10 interactive sessions ✱ 4 posters ✱ Leader's guide ✱ Activities



6th-8th Grade Planet Health⁶

Developed by
A team led by Jill Carter,
Jean Wiecha, Karen Peterson and
Steven Gortmaker

Interdisciplinary comprehensive health curriculum that provides students with the knowledge and skills to develop healthy diet and physical activity habits for life.

Contains: 63 lesson plans including: 8 language arts, 8 math, 8 science, 8 social studies and 30 physical education micro-units ✱ Power Down campaign ✱ FitCheck, a self-assessment tool

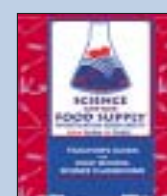


7th-8th Grade yourSELF¹

Developed by
Team Nutrition

Contains materials for health education or family and consumer science classes that help students learn to make smart choices about eating and physical activity.

Contains: Teacher's guide ✱ 30 copies of yourSELF magazine ✱ 30 student workbooks ✱ Duplication masters ✱ Video ✱ Poster



5th-12th Grade Science and Our Food Supply⁷

Developed by
Food and Drug Administration
and the National Science
Teachers Association

Activities that link food science and food safety to students' everyday lives. Easily fits into Biology, Life Science, or other science classes using fun, creative ways for presenting the lessons. Includes fascinating, little-known food safety facts.

Contains: Interactive video ✱ Reference guide ✱ Separate guides for middle level and high school teachers



7th-12th Grade SyberShop⁸

Developed by
North Carolina Department
of Public Instruction

SyberShop is an interactive CD for youth ages 13-19 focusing on physical activity and healthy eating. The CD can be used individually or in the classroom as a supplemental teaching tool.

Contains: 5 lessons ✱ The Virtual Food Court ✱ Virtual Cafeteria ✱ Building Blocks...Basic Tools for Healthy Eating and Being Physically Active ✱ Body Dimensions... Factors That Affect Your Mind and Body ✱ Be Active... Building Physical Activity Into Your Daily Routine

¹<http://www.fns.usda.gov/tn/resources/index.htm>
²<http://www.fns.usda.gov/tn/resources/scholastic.html>
³<http://www.activitiesforlife.com>

⁴<http://www.humankinetics.com/products/showproduct.cfm?isbn=0736030964>
⁵http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=302
⁶<http://www.humankinetics.com/products/showproduct.cfm?isbn=0736031057>

⁷<http://www.nsta.org/fdcurriculum>
⁸<http://www.eatsmartmovemorenc.com/programs/sybershop/index.php>



TEAM NUTRITION STUDENT PRE-SURVEY

Please check (✓) the choice that tells best what you do. Thank you.

1. How have you learned about what to eat and how to be active before this school year?

_____ My family
_____ At school
_____ At my doctor's office
_____ Somewhere else, please write in _____
_____ I have not learned about what to eat or how to be active before this year.

3. Do you think eating vegetables every day is important for your health?

_____ Yes _____ No

4. How many servings of vegetables should you eat every day?

_____ 1-3 servings _____ 5-8 servings
_____ 3-5 servings _____ 8-10 servings

2. How many days a week do you eat breakfast?

_____ 0 _____ 3 _____ 6
_____ 1 _____ 4 _____ 7
_____ 2 _____ 5

5. How many times a day do you usually eat with your family?

_____ None _____ Two Times
_____ One Time _____ Three Times

6. How many times **a day** do you usually eat or drink the following food items? Put a check in the column that best describes how many times you eat or drink that specific food.

Food Items	I do not eat this food daily	I eat this food 1 time per day	I eat this food 2 times per day	I eat this food 3 times per day	I eat this food 4 times per day	I eat this food more than 4 times per day
Fruits						
Vegetables						
Regular Soda or Pop						
Sugar-free Soda or Pop						
White or Flavored Milk						

7. Do you have rules about TV watching at home? _____ Yes _____ No

8. How long do you watch TV on weekdays and weekends? Put a check in the column that best describes how long you watch TV on those types of days.

Number Of Hours You Watch TV Per Day	Weekdays (Monday through Friday)	Weekends (Saturday and Sunday)
I watch less than 1 hour of TV per day		
I watch between 1 and 2 hours of TV per day		
I watch more than 2, but not more than 3 hours of TV per day		
I watch more than 3, but not more than 4 hours of TV per day		
I watch more than 4, but not more than 5 hours of TV per day		
I watch more than 5, but not more than 6 hours of TV per day		
I watch 6 or more hours of TV per day		

9. How old are you? _____ 10. What grade are you in? _____

11. Are you a boy or girl? _____ Boy _____ Girl

Thank you for completing this survey!

Please give the completed survey
to your teacher.





TEAM NUTRITION STUDENT POST-SURVEY

Please check (✓) the choice that tells best what you do. Thank you.

1. How have you learned about what to eat and how to be active before this school year?

_____ My family
_____ At school
_____ At my doctor's office
_____ Somewhere else, please write in _____
_____ I have not learned about what to eat or how to be active before this year.

3. Do you think eating vegetables every day is important for your health?

_____ Yes _____ No

4. How many servings of vegetables should you eat every day?

_____ 1-3 servings _____ 5-8 servings
_____ 3-5 servings _____ 8-10 servings

2. How many days a week do you eat breakfast?

_____ 0 _____ 3 _____ 6
_____ 1 _____ 4 _____ 7
_____ 2 _____ 5

5. How many times a day do you usually eat with your family?

_____ None _____ Two Times
_____ One Time _____ Three Times

6. How many times **a day** do you usually eat or drink the following food items? Put a check in the column that best describes how many times you eat or drink that specific food.

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Fruits						
Vegetables						
Regular Soda or Pop						
Sugar-free Soda or Pop						
White or Flavored Milk						

7. Do you have rules about TV watching at home? _____ Yes _____ No

8. How long do you watch TV on weekdays and weekends? Put a check in the column that best describes how long you watch TV on those types of days.

Number Of Hours You Watch TV Per Day	Weekdays (Monday through Friday)	Weekends (Saturday and Sunday)
I watch less than 1 hour of TV per day		
I watch between 1 and 2 hours of TV per day		
I watch more than 2, but not more than 3 hours of TV per day		
I watch more than 3, but not more than 4 hours of TV per day		
I watch more than 4, but not more than 5 hours of TV per day		
I watch more than 5, but not more than 6 hours of TV per day		
I watch 6 or more hours of TV per day		

9. How old are you? _____ 10. What grade are you in? _____

11. Are you a boy or girl? _____ Boy _____ Girl

Thank you for completing this survey!

Please give the completed survey to your teacher.



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